

February
1991

Carolina Country[®]

An Eastern Bluebird
perches on a log birdhouse
to feed its fledglings in
this photo by Judy Hubers
of Rt. 1, Pantego. The
photo also illustrates
Part II of "A Birdhouse
Fable," pages 28-30.



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CHAPEL HILL



EDITOR'S LETTER

Dear Readers,

• I'd like to call your attention to a couple of letters in the "Mailbox" column, pages 10 and 11, that respond to articles published in our November issue.

Janet B. Jones of Rt. 1, Westfield, wrote to express her concerns about the tone of an article on mobile homes, "Sweet Deal Can Bring Monthly Nightmare."

She found the piece to be "insulting to any and all mobile home owners."

Her comments appear in full along with our apology and a tip of our hat in recognition of her family's decision to incorporate energy-efficient options in their mobile home.

Such housing can have a "voracious appetite" for electricity but efforts are under-way through state and national manufactured housing organizations to develop new designs and construction methods that will make these homes more energy efficient.

North Carolina's statewide organization of electric co-ops is assisting with that effort and is also participating in research aimed at improving the efficiency of older mobile homes.

In addition, "Mailbox" also includes a letter from Elliott Osowitt, vice president of the North Carolina Association of Medical Equipment Suppliers, in response to a "Horizon" column regarding Medicare.

He points out that Congress has made "drastic" cuts in the program by slipping them into the budget through "the back door," and he urges Medicare recipients to oppose further cuts by contacting their congressmen about this issue.



• The second part of the "Horizon" two-part examination of Medicare red tape, which appeared in the December issue, erroneously described what happens when a doctor agrees to "accept assignment" under the federal program. And we want to set the record straight.

A Perquimans County nurse caught the error and kindly telephoned to explain that the term applies when the physician agrees to

accept Medicare's maximum fee as total payment for a given service as the column pointed out. However, the column failed to note that the patient is still responsible for covering 20 percent of the total—even when the doctor has agreed to "accept assignment."

This month's "Horizon," page 36, examines a proposal for revamping Social Security to raise benefits for recipients born between 1917 and 1921. They're the so-called "Notch Babies," who claim to have been treated unfairly by the current benefits formula, which was adopted in 1972.



• A book review that appeared in our June, 1990 issue, raised some questions with a few of our readers because it described a 22-year-old book without identifying it as such.

The review of *Where The Lilies Bloom* by Vera and Bill Cleaver referred to it as a Harper and Row book priced at \$2.95. However, the review failed to point out that the volume was a new paperback edition of the book, which was originally published in hardcover by J. B. Lippincott Co. in 1969. Lippincott was later acquired by Harper and Row.



• The graphics gremlins somehow made off with a key paragraph in last month's "Grits" item about Linda Hydro and her book, *How To Understand Your Drinking Water: A Layman's Guide To Contaminants and Treatment*.

The missing paragraph included the author's address in case readers should want to order a copy.

The 70-page self-published manual is a basic guide to drinking water and methods of protecting the water supply from contamination.

Mrs. Hydro—that is, indeed, her real name—spent 10 years as chemist-bacteriologist at the Sweeney Water Treatment Plant in Wilmington. She now handles water testing for Oxford Laboratories in Wilmington.

She's a consumer-member of Four County Electric Membership Corporation, Burgaw.

Her book is priced at \$12.60 per copy, including tax and shipping charges. Send orders to Mrs. Hydro at **P. O. Box 280, Rocky Point, NC 28457**.

Best regards,

Owen Bishop

*Bid For Hydro License***An Effort To Hold Down Power Costs**

"Viewpoint" is a monthly commentary by Wayne D. Keller, executive vice president of North Carolina Electric Membership Corporation (NCEMC) and its allied corporations making up the statewide organization of electric cooperatives.

I hope you'll read the article on pages 12 and 13 regarding NCEMC's proposal for cleaning up Haywood County's Waterville lake and making other improvements in the lake area. I think the plan has a lot of merit but at this stage hinges on a lot of "ifs" that have not yet fallen to place.

Since they involve complex legal, engineering and licensing obstacles, I want to try to put them in proper perspective for you.

NCEMC, which supplies power to 27 electric co-ops across the state, developed plans for the improvements as part of a bid for the license to operate the 108-megawatt hydroelectric facility at the lake. The company has engineering and environmental studies underway to address whether the plans will be feasible. At this stage, the outlook is positive but additional study will be needed before we can move forward.

See related feature on pages 12 and 13.

Under the terms of the Federal Power Act, NCEMC has as much right to the license for this hydro project as does any investor-owned power company. That legislation allowed private companies to develop hydro facilities with no guarantee that they would be re-licensed to operate them when the initial license expired. The law requires that the new license be issued to the applicant that can most effectively develop, conserve and use the water resources of the region in the public interest.

When that measure was adopted in 1920, Congress wisely established the principle that the benefits of the use of low-cost hydroelectric

power should belong to the American people—and should not be reserved for the benefit of a select few major utilities.

I am convinced that NCEMC is in a position to most effectively develop the water resources along the Pigeon River in Haywood County—and, in the process, spread the benefits of this hydro power among millions of North Carolinians.

Those "ifs" I mentioned hinge on the outcome of studies that are being conducted at the lake and on the re-licensing of the hydro facility.

The improvements would be possible *only if* NCEMC is granted a long-term license to operate the hydroelectric project, which has been operated by Carolina Power and Light Company (CP&L) since 1926. We're seeking the license because the project produces low-cost power that would save our member cooperatives—and their consumer-members—millions of dollars on energy costs. The improvements to the lake and its surrounding area would be financed by a portion of the savings we'd realize under this arrangement.

And, the improvements would be made *only if* they prove to be technically feasible, environmentally acceptable and cost-effective.

Licenses for hydro projects of this kind are issued by the Federal Energy Regulatory Commission (FERC) in Washington. That agency will be reviewing NCEMC's application for the license this spring while also considering a similar application from CP&L. Our plans for making improvements at the lake were spelled out in testimony that was filed with the FERC. In contrast to NCEMC's plan, CP&L would not re-establish water flow in a bypassed portion of the Pigeon River to revive it as a fishing attraction and the company would not clean up the lake itself.

I'll keep you abreast of developments affecting this effort because it could lead to a significant expansion of NCEMC's power supply resources—which would help to hold down the cost of electricity for co-op consumer-members throughout our state.

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Everywhere

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Mailbox

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Hank's Gardening
Guide

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Cover Features Photo By Judy Hubers

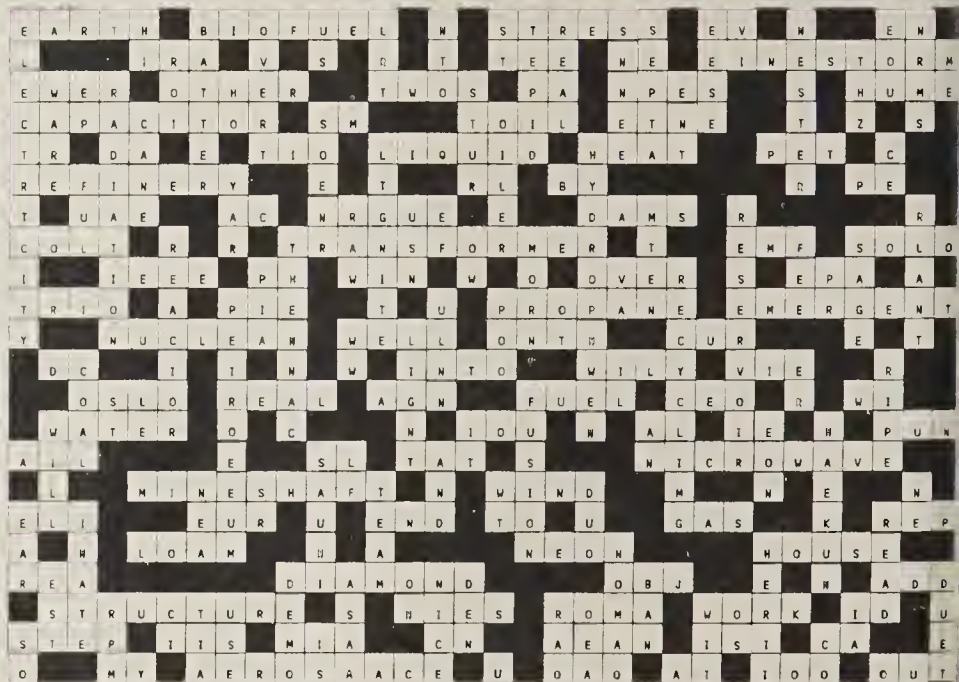
Judy Hubers of Rt. 1, Pantego, shot this month's cover photo of a bluebird in her own backyard, where a pair of the birds had nested in a log birdhouse. She said the photo is a memento of the first successful bluebird nestings on her property.

"For many years," she said, "I had encouraged bluebirds to our area by building and buying many houses and putting them all over our property—as well as giving them to people who live in bluebird-populated areas. Still, for a very long time we had not even a sighting." After putting up log bluebird boxes, she had success—"watching two successful nestings in our backyard this past spring—a first."

Mrs. Hubers is a consumer-member of Tideland Electric Membership Corporation, Pantego.

Rural Electric News Service CROSSWIRES

Answers to crossword puzzle on page 16.



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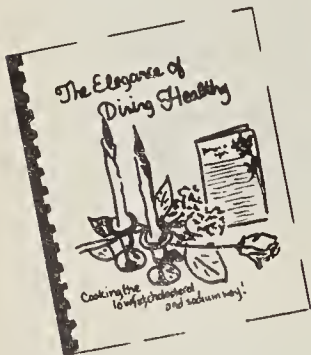
HERE, THERE & EVERYWHERE

Parade Of Gems Slated In Hickory

There will be plenty of sparkles at the 21st Annual Uni-four Parade of Gems, March 15-17, at the Country Adventures Convention Center in Hickory.

The show will feature a wide array of gems and minerals with dealers from around the region displaying various items. The show is hosted by the Catawba Valley Gem and Mineral Club.

For more information, contact the club at P.O. Box 2521, Hickory, NC 28603.



"Dining Healthy" Cookbook Offered

A Virginia woman is now marketing a new health-oriented cookbook which is dedicated to her late teenage daughter.

The Elegance of Dining Healthy contains more than 430 low-fat, low-cholesterol recipes that author Sharon Neal has prepared over the years.



Historic Homes Tour Set For April 5-6

New Bern's restored homes and churches will be on display April 5-6 at the Spring Historic Homes and Garden Tour.

The tour will feature numerous homes and other historic buildings in New Bern—many registered in the National Registry of Historic Places. Also included is a visit to the Tryon Palace Garden, where more than 30,000 tulips are expected to be in bloom.

Tickets for the tour are \$12 for adults—\$15 the day of the tour. Groups of 25 will receive a 10 percent discount.

For more information, write to the New Bern Spring Historic Homes and Garden Tour, P. O. Box 207, New Bern, NC 28560 or call Barbara Howlett at (919) 633-6448.

Mrs. Neal's daughter, Natalie, died in December, 1989, due to complications following a successful heart transplant. She was born with a congenital heart defect. Proceeds from the sale of the book will be used to cover Natalie's funeral expenses and to support a memorial fund established in Natalie's name.

The 280-page book contains cancer facts and tips for reducing sodium in your diet. The book also explains the impor-

tance of organ donation.

To purchase a copy of the book, send a check for \$12 to: Sharon Neal, 9053 Liberia Ave., Manassas, VA 22110.

Adopt-A-Highway Still Open To Volunteer Groups

Volunteer organizations are still being sought to participate in the North Carolina Department of Transportation's (DOT) Adopt-A-Highway program.

Under the program, groups of volunteers formally choose a two-mile stretch of highway and clean up litter from the roadside along that stretch. North Carolina has the largest such program in the nation.

In order to adopt a highway, each volunteer group must agree to pick up litter for a year. All materials needed to clean the road will be provided by the state.

In recognition of each participating group's efforts, the DOT will display the group's name on a highway sign to mark the group's adopted section of roadway.

For more information on the program, write to Betsy Powell, Beautification Program, Department of Transportation, P.O. Box 25201, Raleigh, NC 27611.

U. S. Cross-Stitch Contest Scheduled In Winston-Salem

The national cross-stitch championship will highlight the Winston-Salem Spirit of Cross-Stitch Festival, April 4-7, at the Benton Convention Center.

A "Best of Show" first prize of \$1,000

will be awarded during the competition with winners being announced in more than 20 different categories. The deadline for submitting entries is March 1.

For more information on the festival, write to the Spirit of Cross-Stitch Festival, 819 S. Marshall St., Winston-Salem, NC 27101 or call Kay Engleby at (919) 724-2226.

Bluebird Expert S To Address Societ At April 13 Meetin

Dr. Lawrence Zeleny, founder of the North America Bluebird Society and author of *The Bluebird*, will be the keynote speaker at the North Carolina Bluebird Society's (NCB) annual meeting April 13 in Fayetteville.

Walking tours of Fort Bragg's extensive bluebird trails and woodpecker habitat will also be featured during the one-day program.

Reservations are being taken through March 20. For more information, contact the NCBS at P.O. Box 4191, Greensboro, NC 27404.



HERE, THERE & EVERYWHERE



Mint Museum To Host Annual Tour

Elegant homes and gardens and respected speakers will highlight the 38th Annual Mint Museum Home and Garden Tour, April 25-28, in Charlotte.

The tour, sponsored by the Mint Auxiliary Home and Garden Club, will help raise money for the museum's educational programs.

Tour hours are 10 a.m. to 4 p.m. daily; 2-5 p.m. on Sunday.

For more information, contact the Mint Museum at 2730 Randolph Rd., Charlotte, NC 28207. Phone: (704) 337-2000.

Officers Re-elected

Brunswick EMC

Brunswick Electric Membership Corporation (EMC), Shal-
te, recently re-elect-
its officers to serve
another year.

They are: Frederick
Tedder of Rt. 1,
Hillsboro, president;
Ryan R. Smith of Star
ute, Longwood,
e president; Ken-
th Bellamy of
airport, secretary-

treasurer; and Hubert
K. Brittain of Rt. 1,
Bolivia, assistant
secretary-treasurer.

The election of
officers followed the
EMC's 1990 Annual
Meeting in which
three directors were
elected new terms:
Emery Smith, Rt. 1,
Nakina; Moses Herring
of Rt. 3, Supply and
Jake Godwin of Rt. 1,
Chadbourn.

Young Chefs Sought For Turkey Contest

Turkey recipes from
North Carolina's
young chefs are being
sought for the 1991
National Turkey
Lovers' Recipe Con-
test.

The contest,
opened to cooks ages
12 to 18, offers a
\$2,000 top prize, with
the North Carolina
Turkey Federation
offering \$500 to any
Tar Heel cook who
finishes among the
top five in the nation.

All recipes must use
at least one pound of



fresh or fully-cooked
turkey meat. Entries
will be judged on the
recipe and on two
essays: one describing
the nutritional content
of the recipe, and a
second describing the
food-handling tech-
niques to follow when
preparing and storing
the dish. Essays must
be typed and no longer
than 200 words each.

Recipes should
include the entrant's
name, address, age,
telephone number
and school in the
upper right-hand
corner.

Entries should be
sent to: National Tur-
key Lovers' Contest,
National Turkey Fed-
eration, 11319 Sunset
Hills Rd., Reston, VA
22090.

For more informa-
tion on the contest,
contact the North
Carolina Poultry Fed-
eration, 4020 Barrett
Dr., Suite 102, Raleigh,
NC 27609. Phone:
(919) 783-8218.



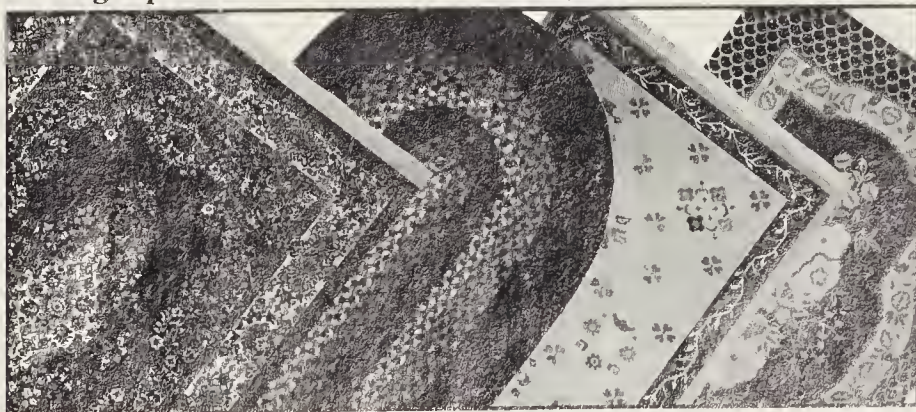
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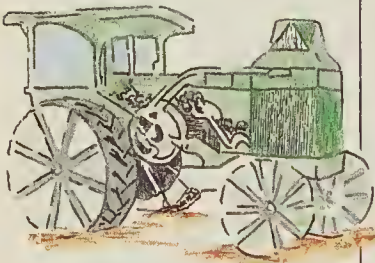
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HERE, THERE & EVERYWHERE

Farm Toy Auction Set For Mar. 23

Farm machinery on a smaller scale will be for sale at the Farm Toy Show and Auction, Mar. 23, at the Holiday Inn in Jonesville.



The show will be open to the public at 9 a.m., with dealers from around the region displaying their goods. The auction

will begin at 6:30 p.m. Adult admission for the day is \$2.

For more information, contact show officials at Rt. 1, Box 217, Yadkinville, NC 27055.

Crafts Fair Set At Fort Bragg

An array of items will be for sale at the Spring Crafts Fair/Flea Market, March 2, at the Lee Physical Fitness Center at Fort Bragg.

The fair will be open from 10 a.m. to 4 p.m.

For more informa-

tion, call (919) 396-1093, ext. 7919.

Museum Of Art Exhibit Features English Landscapes

A rarely displayed collection of English watercolors will be shown, March 23 through June 2, at the North Carolina Museum of Art in Raleigh.

The exhibition, titled "English Landscape Watercolors from the British Museum," will feature works by such British artists as Thomas



*Frederick Walker, The Spring of Life.
Photo courtesy of N. C. Museum of Art.*

Gainsborough, John Constable and J. M. W. Turner.

This is the first time these works have been shown in the United States. Because watercolors are easily damaged by light, the

paintings are rarely displayed.

For more information, contact the N. C. Museum of Art, 211 Blue Ridge Blvd., Raleigh, NC 27607. Phone: (919) 833-1935.

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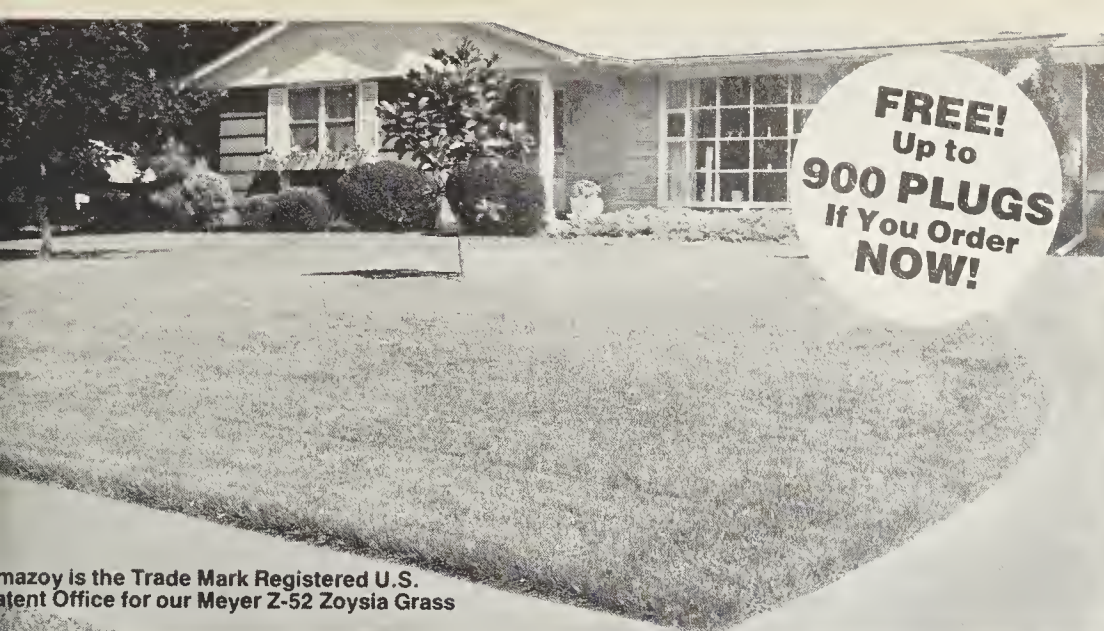
Build and enjoy this exclusive piece of art made of 2x4's! A functional picnic patio table. Everyone seated is in visual and voice contact. Octagon seats 8 adults. Lazy Susan, umbrella holder. Removable seat for handicap access, 7'1" across. Fully illustrated for cutting, assembling, material list. Patented. \$12 check, money order, USA \$'s. Money back guarantee. Great gift!

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Annual Meetings Calendar

Electric Membership Corporation			
Date	Membership Corporation	Time	Location
March			
15	Jones-Onslow, Jacksonville	Registration: 4:00 p.m. Business Meeting: 7:00 p.m.	White Oak High School, Jacksonville
21	South River, Dunn	Registration: 6:00 p.m. Business Meeting: 8:00 p.m.	Cumberland County Memorial Auditorium, Fayetteville
22	Wake, Wake Forest	Registration: 6:00 p.m. Business Meeting: 7:30 p.m.	Wake Forest-Rolesville High School Auditorium, Wake Forest



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2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

Planting in our zoysia grass, and you'll never have to spend money on grass seed again! Since you won't be buying seed, you won't need to dig and reseed—then hope the seeds take root before birds eat them, or the next hard rain washes them away.

3 NO NEED TO SPEND YOUR MONEY ON DANGEROUS CHEMICALS

Our zoysia lawns resist insects AND diseases, so you avoid the risk of exposing your family or pets to weedkillers and pesticide poisons. Plug in Amazoy and save the money, avoid the risks!

4 NO NEED TO DIG UP OLD GRASS

Plant Amazoy in old lawn, new ground, or anywhere. Set plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy to use. Instructions included. If you can put a cork into a hole, you can plug in Amazoy.

5 ENDLESS SUPPLY OF PLUG TRANSPLANTS

Transplant plugs from established Amazoy as you need—plugged areas grow over to provide all the grass you will ever need.

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General Offices & Store
3617 Old Taneytown Road
Taneytown, MD 21787

Please send me guaranteed Amazoy as checked below:

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<input type="checkbox"/> 600 PLUGS Plus 180 FREE with FREE Plugger \$2595 Total 780 Plugs Plus Plugger	<input type="checkbox"/> 1500 PLUGS Plus 450 FREE with FREE Plugger \$4995 Total 1950 Plugs Plus Plugger	SPECIAL OFFER! <input type="checkbox"/> 3000 PLUGS Plus 900 FREE with FREE Plugger \$6995 Total 3900 Plugs Plus Plugger	

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MAILBOX

The following letter from a Carolina Country reader is a response to an article that appeared in the November issue. The article, which was supplied to us by the Rural Electric News Service of the National Rural Electric Cooperative Association, noted that mobile home owners often are surprised to learn that manufactured housing has a "voracious appetite" for electricity—unless steps are taken to make them more energy-efficient.

The letter writer cites her family's positive experience with a mobile home that has several energy-efficiency options. The home is served by Surry-Yadkin Electric Membership Corporation (EMC), Dobson.

Carolina Country Article Was "Insulting To Any And All Mobile Home Owners"

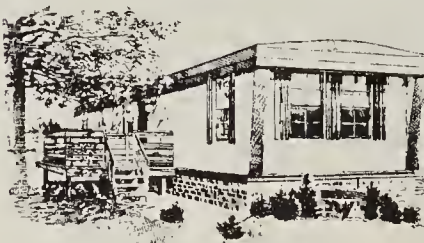
We have always enjoyed your *Carolina Country* magazine. However, I was not only dismayed, but—to put it bluntly—extremely angry with the picture painted of mobile home owners in your "Sweet Deal Can Bring Monthly Nightmare" article in the November issue. In my opinion, you portrayed the vast majority of mobile home owners as either old, migrating families or just plain poor and stupid!

Granted, there are manufacturers out there that prey on certain situations, and people that can barely afford any kind of housing. But that does not mean, in your word, "typically," mobile home dwellers are either unable or unwilling to consider the best values available to them. Our family lives in a 28-foot-by-58-foot modular home (after our site-built house was destroyed by fire). We were offered by the manufacturers a variety of options, energy-saving and otherwise.

Our house includes energy-efficient double-paned windows and sliding glass doors, a gas furnace, (which we prefer over the heat pump for comfort and savings) and insulation with R Values of 22 in the floor, 11 in walls and 30 in the ceiling. We have had no problem with heating or cooling our home, or with the size of the utility bills compared with our former site-built house. Our new home also meets or exceeds all state building codes.

As to the issue of income, ours considerably exceeds the "low income" level. Just because we decided to go with a \$50,000 home that we

can comfortably pay for in a few years, instead of building one that we couldn't have paid for before we reached our 70s, makes us, in my opinion, very sensible—not, again your words, "shortsighted."



I agree with the basis of your article that everyone has the right to quality housing, and that much needs to be done to emphasize the need for energy efficiency in *any* type of home, and I salute you for that.

However, the tone of the article was very insulting to any and all mobile home owners. Maybe instead of spending magazine space making the majority of mobile home owners sound like "dummies," the public would be better served by your listing the desired requirements for energy savings and then listing the dealers in our area that are reputable and openly discuss with prospective customers all the "upgraded" options available in today's manufactured housing market.

We will continue to look forward to your magazine in the future, but we will do so hoping to find articles written with a little more consideration for the people they are aimed toward.

Janet B. Jones, Rt. 1, Westfield

We apologize if you found the article offensive in any way. It was written to focus consumers' attention on the importance of energy-efficiency in mobile homes. In contrast to many of the examples cited in the article, you are an exceptional mobile home owner because you have adopted energy-efficient options. As a result, you know first-hand that they readily pay for themselves in reduced monthly energy bills.

Unfortunately, consumer service representatives with the EMCs often see co-op members buy mobile homes based on the lowest upfront investment—without considering long-term operating costs. Whether a home is site-built or manufactured, consumers deserve affordable, quality construction both at the time of purchase and over the life of the home. That's why the article listed several measures that homeowners can use to improve the energy-efficiency of a manufactured home. Additional information about such steps is available from local EMCs or from the Marketing Division, North Carolina EMC, P.O. Box 27306, Raleigh, NC 27611.

Carolina Country: "I Enjoy It So Much"

I get the *Carolina Country*. I think it is a wonderful little magazine and I want to always get this magazine. I enjoy it so much. I frame some of the pictures and can hardly wait until it comes. Please keep sending it to me.

Mrs. Vecie Marlowe, Rt. 2, Statesville

The Medicare Handbook: "Not Easy To Understand" And Now Obsolete Due To Recent Changes In Medicare

I would like to respond to the "Horizon" article on page 17 of the November issue of *Carolina Country*. It is commendable of you to assist and warn the elderly of their rights and privileges under the Medicare program.



MAILBOX

My reason for writing is to advise all who read the article that although it is true they will receive a free *Medicare Handbook*, it is not easy to understand and requires a deep understanding of how the system works.

In addition, I would like to warn our senior citizens that because of the recent budget cuts in Washington, the book became obsolete as of January 1, 1991. This means that many of the rules they have come to understand have been changed. For example, the Medicare Part B deductible has been increased from \$75 to \$100 per year.

You stated that the Medicare Catastrophic Coverage Act was repealed by Congress amid strong opposition from many older Americans. That is true. But Congress was able to push through many of the drastic cuts they wanted when by including them in this present budget amendment. It was a case of slipping in the back door.

I would like to encourage all Medicare-eligible citizens to write their congressmen and senators to let them know that we can no longer accept deep cuts in the Medicare programs.

My organization, the National Association of Medical Equipment Suppliers, has published two booklets called, *Healthcare In Your Home* and *Check With Your Doctor First*. We would like to offer them to your readers at no charge. Our goal is to educate and help protect the elderly population against fraud and abuse of the Medicare Part B program.

For a free copy of these booklets, call the North Carolina Association of Medical Equipment Suppliers in Raleigh at (919) 872-2229 (ask for Cassie Lloyd) or write to: NCAMES, P.O. Drawer 40399, Raleigh, NC 27629-0399.

Thank you for your attention to this matter and for the fine publication you offer us each month.

Elliott Osowitt, Vice President, NCAMES

Culinary SOS: Seeking "Old Timey Fish Stew" Recipe

I am a member of Wake Electric Membership Corporation, Wake Forest, and I read the *Carolina Country* regularly. Since you have a "Country Kitchen" section that publishes recipes, I thought you could help me find a recipe for an old timey fish stew.

Years ago, we used to cook them in what we called a wash pot. I know some of your older readers know how to make a fish stew and probably would be glad to share the recipe. I sure hope you can publish one in the near future.

W. L. Thompson, Rt. 3, Youngsville

If you have a recipe that would help Mr. Thompson stir up an "old timey fish stew," send it to us and we'll pass it along to him and our other readers in a special "Country Kitchen." Send them to: Fish Stew, Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

TEAMWORK



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I would like to have a home of my own. Please let me have more information. CC-2-91

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Street (or Box #) _____

City _____ State _____

Zip _____ Phone _____

I own a lot. Yes ☐ No ☐ Lot located in _____ (State) _____



In Bid For Hydro Project License

NCEMC Offers To Clean Up Polluted Lake

North Carolina Electric Membership Corporation (NCEMC) is offering to clean up a polluted lake on the Pigeon River in Haywood County if the company is allowed to operate a federally-licensed hydroelectric facility at the lake.

The NCEMC offer is subject to a federal agency's decision regarding the license and to the technical and economic feasibility of the clean-up, NCEMC Executive Vice President Wayne Keller said.

In addition to the clean-up, NCEMC would divert water flow to re-establish fishing for 12 miles below the dam and also provide a new boat launch area, new horseback riding trails, an overlook area, a day use horse area, parking facilities, a new campground and walking trails.

The Waterville Lake improvements would cost about \$93 million, Keller said. NCEMC would fund the improvements from the sale of power from the hydro dam.

The statewide power supply organization, which serves 27 electric co-ops across North Carolina, outlined plans for the proposed clean-up of Waterville Lake in testimony filed with the Federal Energy Regulatory Commission (FERC) in Washington.

The federal agency is preparing for a hearing on the re-licensing of the Waterville Lake project. Carolina Power and Light Company (CP&L), which has operated the 108-megawatt hydroelectric facility for the past 60 years, currently holds a one-year temporary license.

The FERC is expected to grant a new long-term operating

license for the project following the hearing scheduled to begin in April. CP&L and NCEMC are both vying for the new license.

The co-op organization alone has proposed the clean-up of the lake. CP&L has made no comparable offer in its filings with FERC.

The lake is situated on the Pigeon River just west of Interstate 40 about 15 miles north of Waynesville.

It currently has a limited capacity to sustain fish life because of the high level of oxygen-demanding contaminants in the sediment and water. In June, 1988, North Carolina recommended that fish taken from Waterville Lake not be consumed. In November, 1988, the U. S. Environmental Protection Agency released a study reporting the presence of dioxin in the sediment and fish.

The proposed clean-up envisions removing the contaminated sediment from the bottom of the reservoir and storing it nearby to reduce or eliminate fish and human exposure pathways.

"The rural consumers of electric power would save millions of dollars on power costs if we could operate this dam for our member co-ops," Keller said.

"We are considering a plan for using a significant amount of those savings to clean up the lake. I can't think of a better way for those savings

to be used than in upgrading the environment and recreation.



Aerial Photography Service/Charlotte

Waterville Lake in Haywood County situated on the Pigeon River just west of Interstate 40, right, about 15 miles north of Waynesville. The lake, which is part of a 108-megawatt hydroelectric project, would be cleaned up under a proposal from North Carolina Electric Membership Corporation—if the co-op power supply organization is granted a license to operate the hydro project. The dam is visible at the upper edge of the lake in this aerial photograph.



Patterson Photography/Raleigh

Waterville Lake currently has a limited capacity to sustain fish life because of the high level of oxygen-demanding contaminants in the sediment and water. State officials have warned that fish taken from the lake not be consumed. North Carolina Electric Membership Corporation (NCEMC) proposes to clean up the lake and provide new recreational facilities nearby. A 12-mile stretch of the Pigeon River would also be re-opened for fishing. The plans hinge on NCEMC obtaining a license to operate the dam at the lake and on the technical and economic feasibility of the project.

recreational opportunities in the lake area. We believe we can do that and still pass on major savings to the EMCs we serve."

NCEMC is conducting studies on removing the sediment from the lake and securing it nearby. New dredging technology designed specifically for the clean-up of paper mill sludges would allow the sludge to be removed with minimal mixing with the lake water.

"Of course," said Keller, "the dredging of Waterville Lake will proceed only if it can be conducted in an environmentally sound manner."

He added: "Now that Champion Paper is spending nearly \$250 million to modernize its plant and clean up its waste water which discharges into the Pigeon River. We believe cleaning the lake itself would revive the area as a recreational attraction."

"We are aware of no other plans for such a clean-up effort, and we're willing to take on the project if FERC awards NCEMC the license for the hydro facility."

Once the reservoir is cleaned up, NCEMC's proposal calls for diverting some water around the dam to provide a substantial flow of water along a 12-mile stretch of the river between the lake and the Tennessee line, once again opening it up for fly fishing. Alternatively, NCEMC would divert water from Cataloochee Creek for this purpose.

Keller said more testimony will be filed with FERC before the license review hearing. Curtis Wagner, FERC's chief administrative judge, will conduct the hearing and make a recommendation to the full commission.

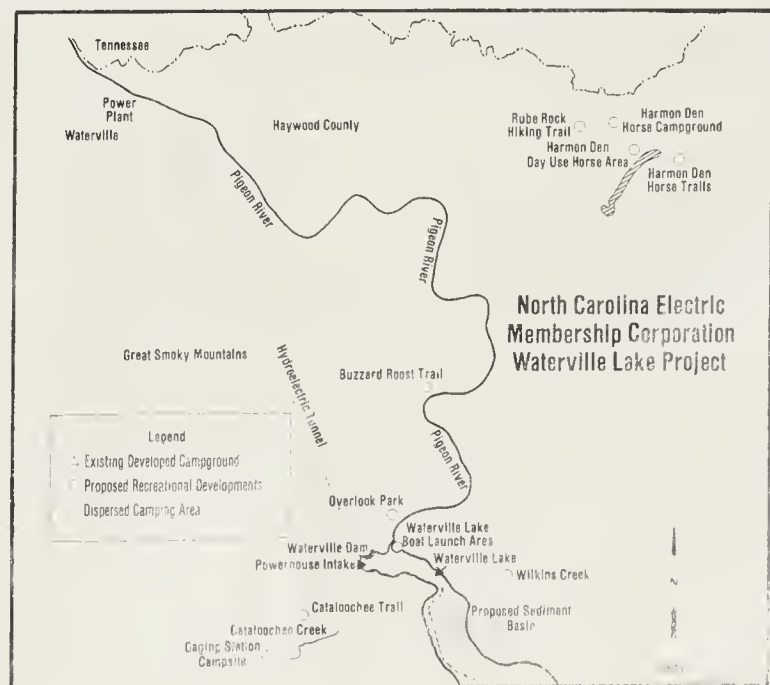
The dam was licensed in 1926 and has been in operation since 1930. When CP&L's original license was about to expire in 1976, NCEMC filed a bid for the new license. Later, CP&L and NCEMC jointly asked that the re-licensing be delayed until NCEMC's antitrust suit against CP&L could be decided.

Since 1976, FERC has granted CP&L temporary one-year operating licenses each year. However, the agency has declined to grant further delays in the licensing process.

NCEMC believes the FERC must consider CP&L's alleged antitrust misconduct in reaching a decision on the new hydro license. Much of the same conduct is also at issue in the Greensboro antitrust court proceeding.

In that suit, NCEMC maintains that CP&L conspired to fix prices and engage in other anti-competitive practices in selling power to the co-ops. NCEMC claims the price-fixing scheme was part of a conspiracy to keep the co-ops from building their own generating facilities. The antitrust case is pending in U. S. Middle District Court in Greensboro.

"We believe we have a good chance to win this license because of CP&L's conduct in the past," Keller said. "Combining that with our proposal for cleaning up the lake and improving the area's recreational appeal ought to put us in an even more favorable position."





THE AUTHORIZED RE MEMBER GROUP HOSPITAL PLAN

Exclusively for Rural Electric Cooperative Consumers and Their Families!

*Arranged by the National Rural Electric Cooperative Association
and Underwritten by All American Life Insurance Company*

A Message From Bob Bergland, NRECA Executive Vice President and General Manager

We are concerned about the high cost of medical care and its effects on our Rural Electric Consumers. That's why we recommend the RE Member Group Hospital Plan. It's underwritten by All American Life Insurance Company, a USLIFE Company, and is the only group hospital plan endorsed by NRECA.

The RE Member Group Hospital Plan is designed to help you beat the high cost of medical care.

How?

By helping you pick up the costs other plans might leave behind and doing so at a low rate.

You see, many major medical plans only pay 80% or less of your hospital bill. And many pay that only after you have paid a deductible of \$ 250.00 or more.

The RE Member Group Hospital Plan can help you pay remaining cost with cash direct to you.

I highly recommend this plan.

Sincerely,

Bob Bergland

P.S. Complete and mail the attached Enrollment Form today. Should you have any questions just call Toll-Free 1-800-543-9213 from 9 am to 5 pm Central Standard Time, and a RE Group Insurance Representative will be happy to help.

Choose From Two Plans

\$100 Per Day Plan

This Plan pays you:

- \$100 per day, \$3,000 for 30 days of covered hospitalization
- \$150 per day, \$4,500 for 30 days while hospitalized for diagnosed cancer or heart attack

\$80 Per Day Plan

This Plan pays you:

- \$80 per day, \$2,400 for 30 days of covered hospitalization
- \$120 per day, \$3,600 for 30 days while hospitalized for diagnosed cancer or heart attack

Benefits are paid for as long as you are hospital confined!

Valuable Features for Rural Electric Consumers

- ☐ Guaranteed acceptance regardless of age
- ☐ Benefits are payable from the first day of covered hospitalization for accident or sickness with no limit to the number of days you can collect (see limitations)
- ☐ No reduction in benefits at age 65 or older
- ☐ Cash benefits are payable directly to you
- ☐ Worldwide coverage
- ☐ No individual cancellations

Accidental Death and Dismemberment Benefits

This plan will pay benefits if an insured individual dies or is injured in an accident. Benefits are payable as follows:

	<u>Individual</u>	<u>Spouse</u>	<u>Child</u>
Accidental loss of life, hands, feet, and/or sight of both eyes	\$10,000	\$10,000	\$2,000
Loss of one hand, one foot or one eye	\$5,000	\$5,000	\$1,000

The loss must occur within 180 days of the accident. If the same accident causes more than one loss, only the largest benefit shown for any losses suffered is payable.

Plus, your principal sum will increase by \$500 each year for the first five years you remain continuously covered under the plan to a maximum benefit of \$2,500, increasing your total maximum benefit to \$12,500.

Who's Eligible

If you are a Rural Electric member, employee or director of NRECA and its affiliated state and local cooperatives, you are eligible to apply for this coverage. You may also apply to cover your eligible dependents (the applicants lawful spouse and unmarried dependent children under age 25 for hospital indemnity benefits; children at least 15 days old but under age 25 for AD&D benefits).

Low Rates

Our rates are based on your age at issue. Your premiums do not increase as your age increases. All American Life does reserve the right to either lower or raise premiums on a class-wide basis. To determine your low, monthly rate, simply read down to your age bracket and across to the type of Plan you need. Keep in mind, your rate can be further reduced if you pay your premiums on an annual basis.

\$100 per day, \$3,000 for 30 days

MONTHLY RATES

Age	Member	Member/Spouse	All Family	One Parent/Children
Under 40	\$ 23.05	\$45.45	\$55.65	\$33.25
40 to 59	26.90	51.75	61.95	37.10
60 to 64	30.20	56.50	66.70	40.40
65 and over	43.80	86.60	96.80	54.00

\$80 per day, \$2,400 for 30 days

MONTHLY RATES

Age	Member	Member/Spouse	All Family	One Parent/Children
Under 40	\$ 18.75	\$ 36.75	\$ 44.95	\$ 26.95
40 to 59	21.90	42.05	50.25	30.10
60 to 64	24.60	46.10	54.30	32.80
65 and over	35.40	69.80	78.00	43.60

Receive a 7.5% discount by paying your premiums annually!

Effective Date of Coverage

Your coverage will be effective on the first day of the month following receipt of your Enrollment Form by the RE Group Insurance Administrator, provided your initial premium payment is received by the Administrator within 30 days of receiving your Certificate of Coverage.

Continuation of Coverage

Your coverage continues as long as you pay premiums in a timely manner and the group policy stays in force. You may continue dependent insurance as long as your insurance is in force and your dependent(s) remain eligible, the policy stays in force and premiums are paid in a timely manner.

Definition of Hospital

"Hospital" means a licensed institution which is approved by the Joint Commission on Accreditation of Hospitals. "Hospital" does not mean a place, or part of one, which is used mainly for: the aged, the chronically ill, convalescents, drug addicts, alcoholics, a rest home, a nursing home, custodial, educational or rehabilitative care.

Limitations

Each day of hospital confinement caused by mental, emotional or nervous disorder shall be payable at 50% of your original benefit to a maximum of 30 days for each period of confinement less than 90 days.

Pre-Existing Conditions

Benefits are not paid for hospitalization due to conditions for which a person incurred charges, received medical treatment, consulted a physician or took prescribed drugs during the 12 months prior to the effective date. After 12 months of continuous coverage, you are covered for any confinements beginning thereafter.

Exclusions

Benefits will not be paid for any hospitalization caused by or due to war or incident related to war or military service; routine nursery care of a newborn dependent; self-inflicted injuries or any sickness, disease or bodily injury which required medical care in the 12 months prior to your effective date in the Plan. Accidental death and dismemberment benefits will not be paid for any loss due to disease or mental infirmity or treatment or operation therefor; suicide while sane or insane self-inflicted injury or military service.

Meet the Organization Behind This Plan

The RE Member Group Hospital Plan is underwritten by All American Life Insurance Company, Chicago Illinois 60631. This coverage is arranged by the National Rural Electric Cooperative Association (NRECA). Master Policy A-902000 is issued to NRECA, 1800 Massachusetts Avenue, Washington, DC 20036.

Have a Question? Call Toll-Free, 1-800-543-9213, from 9am to 5pm Central Standard Time



RE Member Group Hospital Enrollment Form

Complete and return to: **RE Member Group Hospital Plan**
16565 South State Street
P.O. Box 1110
South Holland, IL 60473-7110

Name _____

Address _____

City _____ State _____ Zip _____

Phone number _____ Date of Birth _____

Name of Cooperative _____

Please check one:

Sex: ☐ Male ☐ Female

Benefit Amount: ☐ \$100 A Day ☐ \$80 A Day

Plan Selection: ☐ Member ☐ Member/Spouse
☐ All Family ☐ One Parent/Children

How wish to pay: ☐ Monthly ☐ Quarterly ☐ Annually

Spouse (if to be insured)

Name _____ Date of Birth _____ / ____ / ____

Dependents (if to be insured)

Name _____ Date of Birth _____ / ____ / ____

Name _____ Date of Birth _____ / ____ / ____

Name _____ Date of Birth _____ / ____ / ____

Application is hereby made to All American Life Insurance Company for insurance afforded under this program. I understand no insurance can become effective until receipt of the initial premium. I further understand that any condition for which I or any proposed insured incurred charges, received medical treatment, consulted a physician or took prescribed drugs, within 12 months prior to the effective date of insurance will not be covered. After 12 months of continuous coverage you are covered for confinements beginning thereafter.

X

Signature of Applicant

Date

*One certificate of coverage is guaranteed
per individual per lifetime.*

Rural Electric News Service

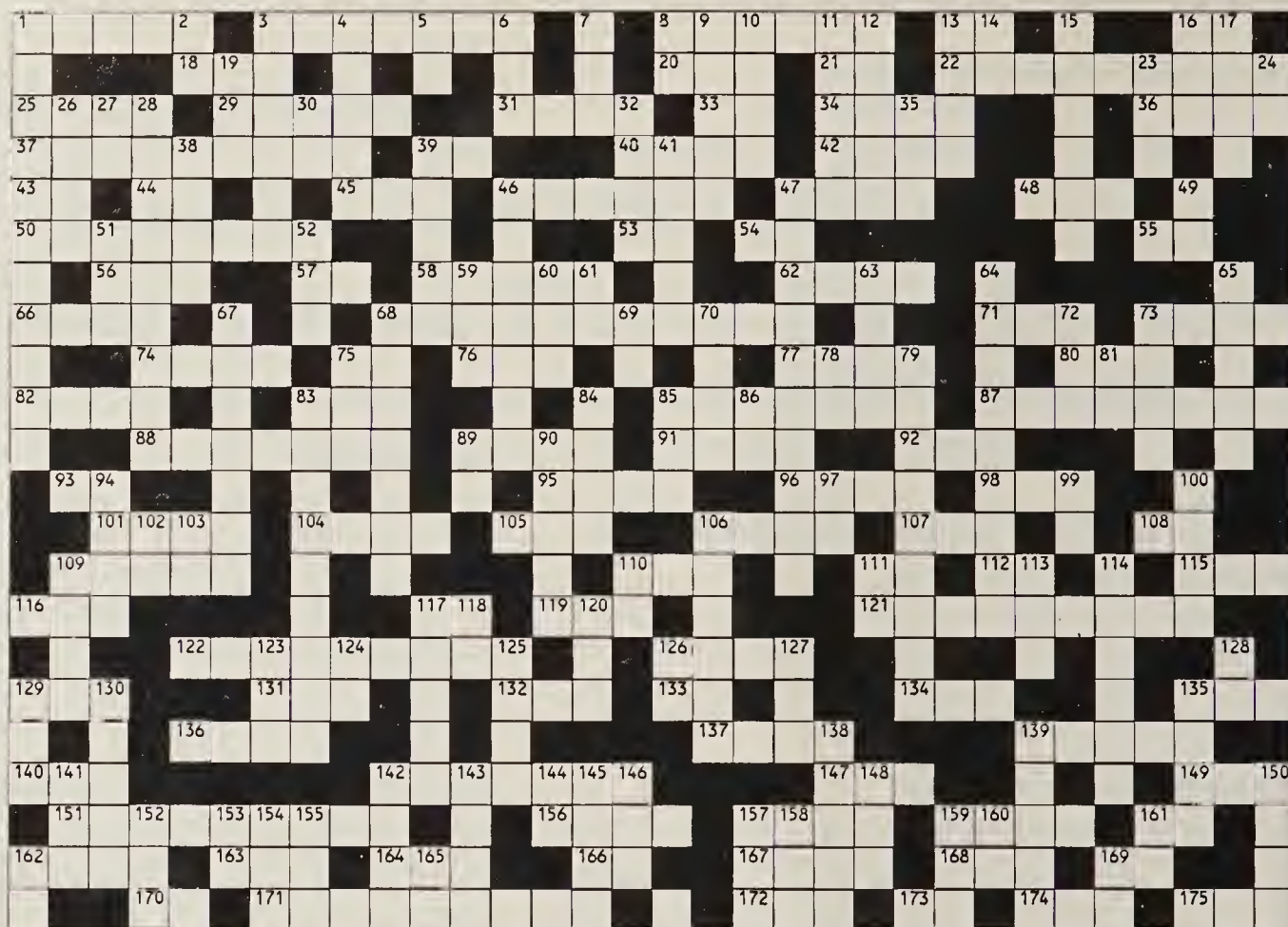
CROSSWIRES

By Judith M. Smith

See answers on page 4

ACROSS

1. Mother _____
3. Fuel from the earth
9. Emphasis
13. Abbr.: electron volt
16. Abbr.: Louisiana
18. Abbr.: Irish
20. Use on the golf course
25. A pitcher
29. Something else
31. Not ones
33. Pennsylvania
34. Imitates
36. Actor Cronyn
37. Stores charges temporarily
39. Symbol for element samarium
40. Work
42. Citrus fruit
43. Initials for Theodore Roosevelt
44. Abbr.: district attorney
45. Spanish word for "uncle"
46. Opposite of solid
47. _____ pump
48. Dog or cat
50. Industrial plant that purifies
53. Abbr.: National League
54. Beside
55. Physical Education is sometimes referred to as this
56. Abbr.: United Arab Emirates
57. Alternating current
58. Debate
62. These store water
66. Small horse
68. Raises or lowers voltage in lines
71. Abbr.: electric and magnet fields
73. Alone
74. Abbr.: engineer's association
75. Determines acid or base
76. Opposite of lose
77. Atop
80. Abbr.: Environmental Protection Agency
82. Threesome
83. Apple _____
85. Colorless gas used as a fuel
87. Newly evolved
88. Pertaining to a nucleus
89. Wishing _____
91. On top of (preposition)
92. A base or cowardly person
93. Washington _____
95. Preposition meaning inside
96. Sly
98. Contend
101. City in Norway
104. True



105. Important person in the Ottoman Empire
106. Gas is one
107. Abbr.: chief executive officer
108. Wisconsin
109. H₂O
110. Abbr.: investor-owned utility
111. Alabama
112. Latin: that is
115. Joke
116. Sickly
117. Abbr.: Sierra Leone
119. Make lace
121. Every kitchen should have one
122. Mine opening
126. _____ mill
129. A judge of Israel of the Old Testament
131. Abbr.: European
132. Not the beginning
133. Toward
134. Petroleum
135. Abbr.: representative
136. Soil, clay, silt & organic mix
137. Type of sign
139. Home
140. Abbr.: Rural Electrification Administration
142. Hardest substance
147. Short for object
149. Not subtract
151. Building

156. Ceases
157. _____, Italia
159. Toil
161. A type of bracelet
162. Type of ladder
163. _____ the season....
164. Abbr.: missing in action
166. Stands for centinewton
167. Actor Thicke
168. Abbr.: insulin shock therapy
169. California
170. "You are _____ sunshine...."
171. The science of flight
172. Opposite of Mom
173. In the location of
174. Where one goes to see animals
175. Not in

DOWN

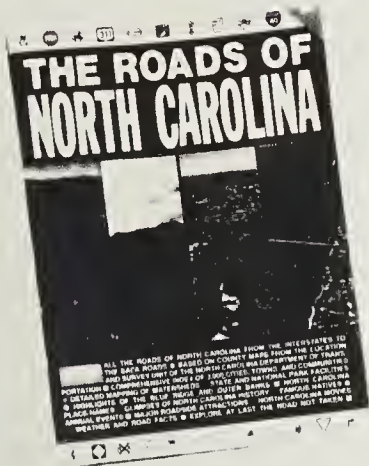
1. Electric current as power
2. Hawaii
3. Used to make cakes
4. Open
5. Opposite of them
6. Parking _____
7. _____ de Janiero
8. Abbr.: street
9. Warm
10. True
11. Rock composed of clay & sediments
12. Dark brown
13. Or _____!
14. Virgin Islands

15. Relaxed
16. TV program: _____ Grant
17. Weapons
19. French word for king
23. Abbr.: terahertz
24. I, objective
26. Articles of commerce
27. Biblical abbr.: Ephesians
28. Emission of waves and particles
30. Biblical abbr.: Hosea
32. To daze or render senseless
35. Abbr.: Emergency Medical Technician
38. Sugar is made from this
39. Power from the sun
41. One that lubricates engines
46. Low-grade coal
47. Power generated from water
49. Abbr.: civil engineer
51. Suffix meaning full
52. A potato
59. Uncooked
60. Abbr.: United States Navy
61. _____ Hutton
63. Bearing or manner
64. A large supply
65. Sow
67. Nuclear _____

68. Rising current of warm air
69. Not off
70. The dawn
72. Price
73. Soothsayer
75. Actress Zadora
78. Virginia
79. Using again
81. Abbr.: public relations
83. _____ jelly
84. A bone in the arm
85. Winnie the _____
86. Abbr.: overtime
89. Initials for Woodrow Wilson
90. Electromagnetic radiation
94. Lignite is one
97. Illinois
99. Mr. Sullivan
100. Tube
102. Abbr.: street
103. French article
106. Melting together by heat
109. "Where there's a _____, ..."
110. Thing
111. Opposite of PM
113. Period of time
114. Reserve
117. _____ Arabia
118. Abbr.: low frequency
120. Also
123. Abbr.: National Education Association

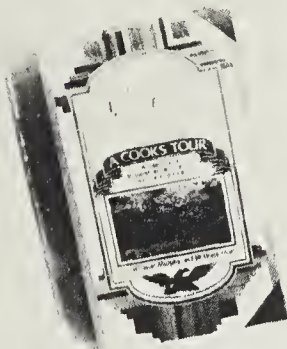
124. Abbr.: senior
125. _____ effort
126. Abbr.: weight
127. Two in close association
128. I, objective
129. You hear with _____ of these
130. Angry
135. Peruse
138. Wanderer
139. Cycle per second
141. Suffix meaning superlative
142. Short for demonstration
143. Abbr.: As soon as possible
144. Stands for over
145. Pleasant
146. Lion's lair
148. Prohibit
150. Twosome
152. Abbr.: revolution per minute
153. Connecticut
154. Spanish word for "aunt"
155. Utilize
157. Unit of energy ionizing radiation
158. Spanish word for "hello"
159. Keenness of perception
160. Symbol for osmium
161. Iowa
162. Thus
165. Form of be
169. Abbr.: companion

Carolina Country invites you to tour North Carolina with ...



The Roads of North Carolina
\$13.95

Explore back roads and by-ways not found on other maps.
60 pages of large scale, very detailed, full-color maps.
Information about North Carolina, its history, attractions, festivals, and recreational resources.



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Over 100 scenic photographs—a must for discovering the perfect weekend getaway.

.....

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Pork Promotion Features Special Pricing, Coupons, Free Recipes

Grocery shoppers throughout North Carolina will find special pricing, coupons and recipe cards for fresh and processed pork products during a special promotion program running through March 10.

The promotion is sponsored by the N. C. Pork Producers Association, the N. C. Department of Agriculture, Neese's Country Sausage of Greensboro and Lundy Packing of Clinton.

"Consumer demand is for the new, leaner pork," said N. C. Commissioner of Agriculture Jim Graham. "Farmers across the state are raising lean animals that are healthy and nutritious, and fit into most diets."

Consumers are benefiting from the abundance of fresh and processed pork items grown in the state, as many of these products are processed in-state, and are delivered in stores just hours after packaging, Graham added.

Shoppers should look for forms to enter contests for \$50 in free pork items in more than 1,000 grocery stores across the state. In addition, selected newspapers are carrying valuable coupons and chances to win tickets to a Charlotte Hornets basketball game.

Kite-Flying Fun Can Turn Tragic

Many childhood memories come from those times when parents take moments with their children for fun activities—such as flying a kite.

As innocent as it seems, this activity can be dangerous. Following these simple guidelines will keep that fun from turning into a tragedy.

- Closely supervise children when they are flying kites.
- Avoid flying kites in wet, stormy weather. A wet kite string is a good conductor of electricity and may cause electrocution if it touches a power line.
- Kites should be flown in open areas—never near power lines.
- If a kite falls into a power line, abandon it. Attempting to remove it is dangerous.
- Do not use metalized kites. This type of kite has been *banned* by the U. S. Consumer Product Safety Commission.

Children are often unaware of the potential hazards of everyday objects like power poles and power lines. They look upon them as objects which sometimes interfere with their play. Protect your children. Warn them of the danger of power poles, lines and other electrical equipment.



“Brothers and sisters,
I want to tell you this.
The greatest thing on earth
is to have the love of God
in your heart, and the next
greatest thing is to have
electricity in your house.”

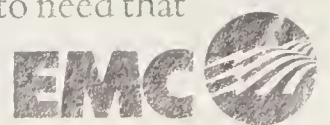
Farmer giving witness in a rural church in the early 1940s.



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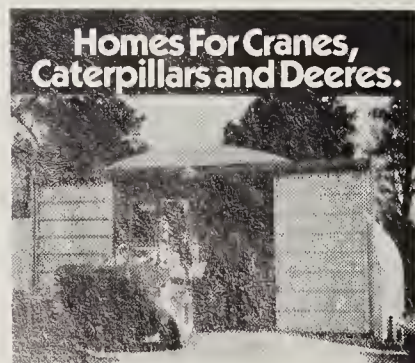
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Budget Will Now Recognize That REA Loans Are Repaid

With the passage of the Budget Reconciliation Act of 1990 last fall, Congress ended the practice of counting Rural Electrification Administration (REA) loans as government spending, recognizing for the first time that REA loans are repaid.

Under the new procedure, Congress is required to appropriate only the difference between interest the government pays for money and the amount it earns on REA loans.

In a letter to the editor of *The Washington Post*, Bob Bergland, executive vice president of the National Rural Electric Cooperative Association, explained his support of this change:

"For years, under the old system, we were continuously explaining that 'money appropriated' for loans to rural electric co-ops was not the same as 'money spent.' While all electric utilities receive some form of federal financial assistance, opponents of consumer-owned electric utilities found the budget figures easy to distort in order to advance their own agenda.

"The new system should help make it clearer that loans are just that: 'loans' that are repaid with interest," he continued. "Credit reform is intended to give a better accounting of actual costs to the government, and that means we're on the way to a more realistic accounting of federal expenditures. That's good bookkeeping, and good public policy."

The credit reform measure should make for a more well-informed discussion about the cost of REA. Last year, policymakers looking at the federal budget would have seen only that REA was authorized to lend \$1.4 billion. If credit reform had been in effect, the budget books would have also reflected the more than \$1.1 billion in loan repayments that rural electric systems made to the REA.

What will the REA budget look like when credit reform goes into effect with the new fiscal year October 1?

No one knows yet. Budget analysts are still developing the complex calculations that will include the value of funds over the life of a 35-year loan, and the difference between what the government pays to borrow money and the interest rate the REA charges rural electric systems.

Almost certain, however, is that the final credit reform figures will show that REA loan programs cost the government far less than the \$1.4 billion listed in the current federal budget.

The \$1.4 billion consists of two programs. About \$622 million was authorized in REA Revolving Fund loans, which are made at 5 percent interest to extend and upgrade electric service in thinly populated areas. The other program consists of \$813 million worth of loan guarantees for which rural electric utilities pay the full cost of money to the government, plus a service charge of one-eighth of one percent.

Loan guarantees are used primarily to finance power generating and transmission projects for the rural electric systems.

—Rural Electric News Service

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*In The Eyes Of The Media*

Co-ops Rise Above David vs. Goliath Image

The following editorial was written by Bob Bergland, executive vice president of the National Rural Electric Cooperative Association, which represents the country's 1,000 consumer-owned rural electric cooperatives.

The rural electric program is sound enough to sustain some bad press, but bad press still stings. Several nationally circulated stories and syndicated columns in the past few years have been concerned with the financial problems of perhaps a dozen rural electric cooperatives—all but a couple of them generation and transmission systems.

What usually isn't stressed is that these problems are being worked out with the Rural Electrification Administration (REA), the government agency that lends money to the co-ops.

The problems are the same ones that confronted other segments of a utility industry that found themselves stuck with the capacity to produce far more electricity than Americans were buying. Building that capacity was costly. So capital debt remained that had to be repaid out of rates, which escalated.

Then came the catastrophic failures of the S&Ls, which caused some curious reporters to ponder in writing whether REA and its co-op borrowers were cut from the same cloth. Unfortunately, they often bounced the idea off of our enemies (organizations such as the Heritage Foundation) and didn't contact the co-ops or their national association for factual background.

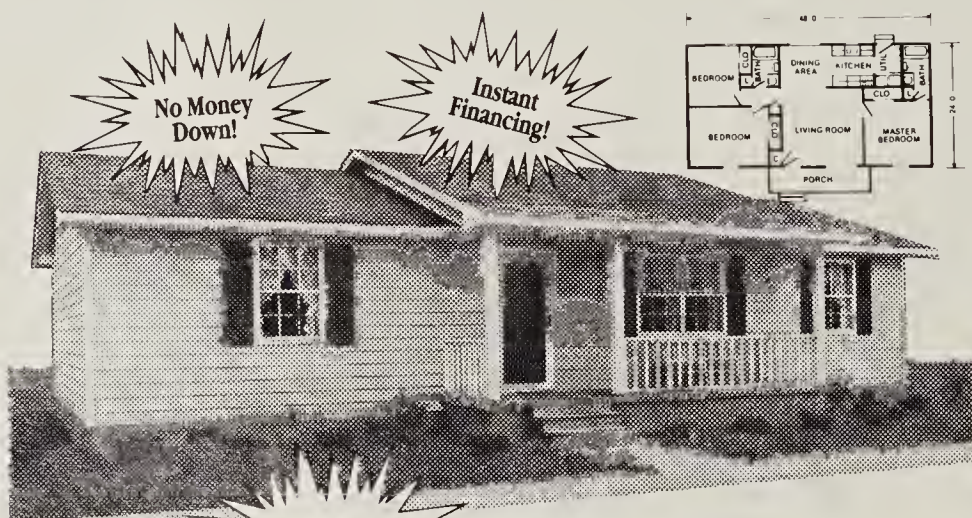
I don't know whether this was a fear of having a good story watered down, or whether our old enemies from the Reagan days (many of them are still in government) are the instigators of incomplete inquiry by some of the media. Another possibility is that rural electrification is the victim of an honest but limited viewpoint coupled with the pressures of deadlines.

Probably a bit of all three shows up in coverage of our program from time to time. However, we do know that President Reagan had a concerted program to discredit the accomplishments of REA and the rural electric system. That program included press kits and articles planted with columnists and publications that had anti-REA reputations.

I feel that some of the reporters who were "briefed" by our critics were blindsided. They logically counted on objectivity from REA officials, but former REA Administrator Harold Hunter and other top Reagan appointees were committed to the destruction of the program. Candidates for politically sensitive jobs in the agency who wouldn't "take the pledge" to destroy the program had been eliminated.

There is another element that we have to recognize in understanding why the rural electric program doesn't get the instant sympathy the press it enjoyed 25 or 30 years ago. We have outgrown the David and Goliath image. Gone are the days when we were seen as the little, nonprofit co-ops standing up to a giant, rich private power company monopoly. The better we do our jobs, the more we are seen as part of the power establishment. Except for the hometown media, reporters born in the 1960s are skeptical. We walk like a duck, we talk like a duck, so we must be a duck, in their view.

The people who represent the cooperatives in contact with media face a much tougher



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COMMENTARY

job today in trying to obtain an accurate characterization of the nature of our problems than those who talked with reporters who could remember when the lights came on.

Nevertheless, it surprised most of us to see a wire service story in December that was accurate in some respects, erroneous in others, and left some readers with the idea that REA and the cooperatives were in bad shape.

Two of the most serious factual errors are as follows: An Associated Press (AP) story, purportedly quoting from an REA budget document, said that \$2.06 billion in REA loans "wouldn't be repaid" to the government. Actually, that figure represents a 1989 "loan loss reserve" account, set aside against *possible*, but not actual, losses.

The other is the statement that REA "must repay a \$7.9 billion loan from the U. S. Treasury by 1993." In reality, the REA must begin to repay a series of notes to the Treasury in 1993 on \$7.9 billion—the total of all REA loans made prior to 1973, when a Rural Electric Revolving Fund was created by Congress. In 1993, REA will owe the Treasury \$81.4 million—just more than 1 percent of the total. That will be the first of 24 annual payments.

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If you knew nothing about the REA program, but knew the political philosophy of the two persons quoted by the AP as verification of the story line, you'd be suspicious. Both former REA Administrator Hunter and Ronald Utt, a recent fellow with the Heritage Foundation and now a vice president of the U. S. Chamber of Commerce Foundation, are foes of the rural electrification program.

There is really nothing new in attempts to discredit REA and the program it symbolizes. Since REA's creation there hasn't been a year in which the rural electric program hasn't come under attack.

Years ago it was the investor-owned power companies and the U. S. Chamber of Commerce doing the REA-bashing. The days of pitched ideological battles with the power companies are behind us, but the Chamber of Commerce is still at it in various ways. The brunt of that effort, however, is being borne by what the press describes as "right-wing think tanks." Also, the Office of Management and Budget has been a willing partner in the effort to destroy this important lending program.

We must always be on the alert. History is a great teacher, and the past 55 years have taught us that attacks such as we have experienced lately will not go away. Co-ops will combat these attacks by continuing to broaden their services to local communities, where they have been a vital part of the fabric of rural America for more than half a century.

—Rural Electric News Service

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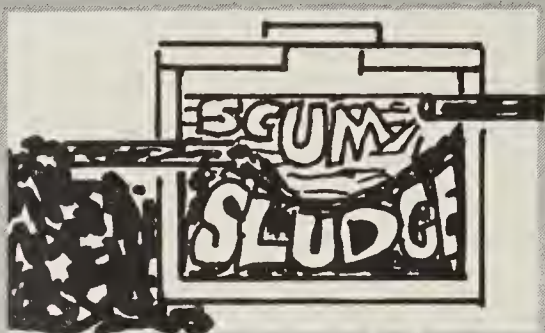
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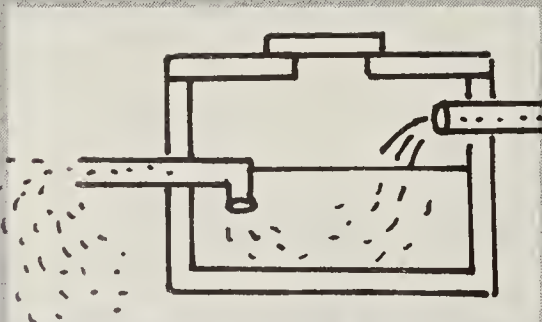
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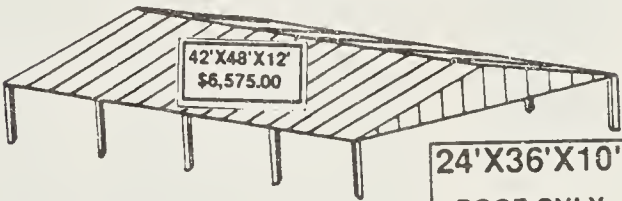
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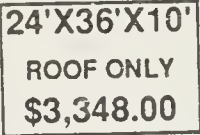
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any of 26 fashionable belts. Instructions are also given for making necklaces and belt buckles.

For the "Open Heart" belt that's pictured here you'll need fabric cord, fabric, needle and thread, a wood heart cut-out, paints and a paint brush.

Meanwhile, you can dress up that plain old tee-shirt with a rainbow of ribbons, buttons, bows and paint—with the help of another of our guidebooks. *Buttons and Bows Boutique* includes 21 designs from hearts to holly leaves, and palm trees to cherry bunches. Detailed instructions for each design make placement of each decoration a cinch!

To make the tee-shirt design, "Space Trails" shown here, you will need a prewashed white tee-shirt plus red and black ribbon and iridescent paint. Place the preshrunk shirt on a canvas board and draw chalk lines for the design. Curl and glue ribbon along chalk lines as desired and swirl the paint around the ribbons within the V-shaped area. Let the shirt dry 2 to 4 hours.

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A BIRDHOUSE FABLE

A "Somebody" Can Help Bluebirds Survive

This is the second installment in a two-part series describing the life cycle of the Eastern Bluebird. The series, which is aimed at both children and adults, was written by Heyward H. McKinney, who retired as manager of Pee Dee Electric Membership Corporation (EMC), Wadesboro, in 1981, after serving in the post for 35 years. He began his career in the rural electric program at the Pee Dee EMC in 1940.

In Part I, we introduced you to an Eastern Bluebird named Skye Blue and followed his adventures as he left home to eventually settle down in Anson County, which has adopted the slogan, "bluebird kingdom of the world."

Once he claimed a nest and set up housekeeping with his mate, Azure, he soon became the proud father of five little ones: Eddie, Steady, Freddie, Clara and Farra. In a matter of months, they were learning to fly and to find food for themselves while Azure prepared for a second set of babies.

Part II

While his mate Azure incubated their second clutch of eggs, Blue Skye continued to train the children hatched as their first brood.

After a few weeks of practice, Eddie, Steady, Freddie, Clara and Farra had become quite adept at catching worms, bugs and insects. They had great fun playing together and always looked forward to their father taking them to the birdbath. Now that was real fun to get in the bath and flutter their wings and splash water everywhere.

In the meantime, Skye would check by the birdhouse to see how Azure was getting along.

Finally, the 14th day arrived and so did the five new babies.

"You kids can help feed your brothers and sisters," Skye told his "teen-age" children.

"Oh, we'll be glad to," Clara replied. "I'll bring a measuring worm. I like to catch them."

But their joy with their new brothers and sisters was shortlived.

One day, just as Skye was bringing food for the babies, he saw something all birds dread most—a black snake. He was slowly making his way toward the birdhouse, his tongue flicking in and out to catch the slightest scent.

"Azure," screamed Skye, "come quickly. There's a snake coming toward our house!"

Skye and Azure frantically darted toward the snake, bills popping loudly as they tried in vain to scare it away. The snake edged up the birdhouse post, eager for the meal that awaited him.

By this time the bluebird family was huddled together in fear, watching in horror from above. When the snake slithered through the opening in the birdhouse and into the nest, they could hear the faint cries of the tiny babies.



Judy Hubers of Rt. 1, Pantego, went into her own backyard last June to shoot this photo of an Eastern Bluebird feeding its brood. A pair of bluebirds had nested in one of her log bluebird houses. Mr. Hubers is a consumer-member of Tideland Electric Membership Corporation, Pantego.

Then all was quiet. The snake had swallowed all five of the babies, and then curled up in the nest to take a nap.

In great sorrow, Skye and his family flew to the big pines, where they knew they would be safe.

The next morning Skye solemnly called his family together and said, sadly, "You kids gather around. I'm sorry you had to witness that awful scene yesterday, but let it be a lesson to you about how rough and brutal nature can be. Even when you are as careful as you can be, there are times when you just can't prevent a tragedy.

"I wish our 'somebody' had put a predator guard on that post. That would have prevented the snake from climbing it. And it would have



A BIRDHOUSE FABLE

also kept cats, raccoons and other animals from climbing up and reaching into the birdhouse to grab the little ones.

"These are just a few of your enemies. Flying squirrels will sometimes take over a birdhouse as a place to stay during the daytime. They will kill whatever is in the box, including grown-up bluebirds, to establish their claim to the house. English sparrows will do the same thing, and will even take your eggs right out of the nest to take over the birdhouse.

"This may sound harsh but think about it in another way. Snakes, cats, raccoons, flying squirrels and all the rest are a part of nature. They want to live just as you and I want to live. In order to do so, they have to have something to eat and a place to stay.

"One of nature's laws is that only the 'fittest' survive. That means if you want to survive, you'll have to work hard and be alert at all times. It would also help if you could find yourself a 'somebody' who'll help protect you."

"Daddy, you are always talking about a 'somebody.' What is a 'somebody?'" asked Freddie.

"I'm glad you asked," replied Skye. "A 'somebody' is a human who takes a special interest in bluebirds. He puts up nesting boxes, takes out old nests when a brood has left it, except the one that remains after the third brood has left the nest.

"He will leave this nest to help you stay warm and comfortable on cold winter nights. 'Somebody' will sometimes provide a birdbath and keep fresh water in it. When food is scarce, he or she might put out dogwood berries or mealworms for you—or even plant additional trees and shrubs such as dogwoods, hollies and yuccas to provide more food in winter.

"And he may put a predator guard beneath the birdhouse to make it safer, or he may remove wasp nests or blow-fly larvae or ants from the birdhouse. He will also remove English sparrow nests from birdhouses that have been put up especially for bluebirds.

"A 'somebody' just looks after you, giving

you a much better chance to survive and raise a family. With enough of these kind 'somebodies,' the number of bluebirds will continue to grow. Without them, our numbers would surely drop and, over a period of years, our species could die out completely."

"How do you get yourself a 'somebody?'" Freddie asked.

"Ah, that can be a bit of a problem," said Skye. "You just need to be seen at the right time in the right place. You see, since way back we've been known as the 'Bluebird of Happiness.' Humans just seem to like to have us around. Find a 'somebody' with children and work through them. If a human's little boy or girl asks for a bluebird box to be put up in the

family's yard, you can be pretty sure it will be done."

"I'm gonna find me a 'somebody' if I have to sit on his shoulder and flutter my wings," said Freddie.

"Just remember this," said Skye, "Your mother and I will watch

after you as best we can as long as you are still with us. But one day you will be going out on your own and when you do, it's every bird for himself and having a 'somebody' can really help."

With that, the family flew to the pine trees as the young birds thought seriously about what Skye had told them.

Meanwhile, Azure had laid four more eggs for her final brood of the season. After the necessary 14 days of incubation, all of the eggs hatched and there were four brand new babies, two girls and two boys. They were named Eenie, Meenie, Minnie and Moe.

Their older brothers and sisters helped with feeding the little ones and they grew rapidly. After 19 days, they were ready to leave the nest, as is generally the case.

When fall came, the days grew shorter and the weather turned cold. Insects quickly became harder to find. The bluebirds could get enough to eat only by eating berries along with the insects they could find.

As the months went by and the weather got colder, many of the berries had been eaten or had fallen off the plants and rotted. There had been several light snows, but they caused no problem because the snow quickly melted and didn't cover up the remaining berries for very long.

But then in January a big ice storm came through with severe cold weather. There was nothing to eat but a few cedar berries that were hidden down inside the branches of the cedar trees even when ice covered the outside branches. Eenie and Moe died from starvation and the cold. The rest of the family was so numb with cold and hunger that they scarcely felt their grief.

Finally, the ice was gone and the days began to get a little longer. Skye had found a holly tree that still had berries and life was a bit better for the family.

(Continued on page 2)



A BIRDHOUSE FABLE

(Continued from page 29)

As February brought longer days, the children began feeling a sense of restlessness. At first they couldn't understand it. They loved their family, but each child had an urge to go out into the world and find a new home.

Finally, the outspoken Freddie brought the matter up for discussion.

"Mama and Daddy," he said, "we children have been talking. We love you very much, but we would like to go out on our own and start our own families."

"We know," said Skye. "It was about this time last year when your mother and I started out on our own. So we are not surprised. And in order to have the best picks of territory, you should go now. You girls should carefully look over the territories that have been selected by males before you choose your mate."

"We're sad to see you go but we offer you every good wish for happiness as you bid us farewell. There are many large lawns out there, many pastures, and many golf courses. Wherever you end up, I'm sure we'll see each other from time to time."

"Your need to establish your own homes and raise your own families is nature's way of continuing the species. So go, my children. We wish for you the best. And remember: find yourself a 'somebody'. They can be a lot of help to you."

Each child, in turn, told Skye and Azure goodbye and flew away to start their own families.

Skye and Azure sadly watched them go. Then Skye said, "Honey, do you know what our 'somebody' has done. He removed the old nest from our birdhouse. What do you think about my claiming this territory again so we can start another family?"

Azure said, "There is nothing in the world I'd like better!"

The process of maintaining the bluebird species had begun all over again.

For more information about bluebirds, write to:

The North Carolina Bluebird Society

P.O. Box 4191, Greensboro, NC 27404

(Annual dues of \$5 includes quarterly publication)

Donna Dunn, President

North Carolina Bluebird Society

Route 1, Box 282, Mocksville, NC 27028

National Bluebird Society

Box 6295, Silver Spring, MD 20966

(Annual dues of \$15 includes quarterly journal)

Bird Watchers Digest

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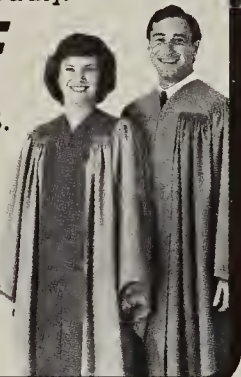
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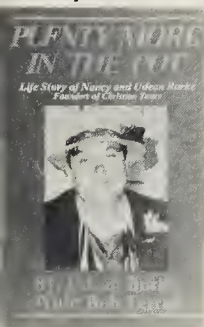
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BOOKS

Plenty More In The Pot by Udean Burke with Bob Terrell. 160 pages. \$12.

This is a perfect book for this chilly season of the year. It exudes warmth from every page.



Subtitled "The Life Story of Nancy and Udean Burke, Founders of Christian Tours," this new volume is an arresting story of two appealing people, an account of their fairly recent (since 1980) success in the tour business, and a look at "hard

times" in Piedmont North Carolina in the 1930s and 1940s.

The story is narrated through the thought process of Dean Burke, with Bob Terrell of Asheville doing a superlative job of ghost writing.

It touches more incidents of Udean's life than that of his wife. But both picked cotton in their young days, and did other hard labor on the farm, and both knew what it was to scrape together a few dollars just to make ends meet. Both came from large, loving families, and both were raised to look after other folks, kin or not.

Udean Burke has become a master of transportation, with a fleet of more than 30 buses which averaged more than \$250,000 each in price, but he didn't always enjoy such mastery, as you learn in reading about his boyhood misadventures with a Model A Ford with no brakes. There was even a buggy that their pony couldn't pull—so the Burke clan put the girls in the seat and pulled it themselves.

Christian Tours now books thousands of people for trips all over the nation, and to some foreign points. But when Udean Burke came to C. State College in Raleigh as a teenage future Farmer of America, he was completely baffled by the Raleigh bus system.

Udean and Nancy Burke have been closely tied with Baptist Churches in such locations as Lincoln and Catawba Counties and Asheville, and Udean has also been a quartet singer, soloist, church music director and even once sat in with a Billy Graham crusade. He came from a family that never hesitated to gamble, selling their house so Udean could go to college, and making some endeavors which looked promising

but ended up with a net profit of only a few dollars.

North Carolinians have often seen the Christian Tours' slick, distinctive tan-and-brown motor coaches on the highways; their tours always originate here. In 1990, more than 25,000 people, almost all from North Carolina, took tours averaging seven days in length.

The company's name is quite appropriate. Each tour has a daily devotional; grace is said before each group meal; each uniformed driver and tour director is a practicing Christian and a teetotaler. No smoking is permitted on the tours, but still they pack 'em in.

Udean Burke seems to be an impetuous individual, always wanting to try something new, while Nancy is the sensible one who seems to keep things on an even keel. They've been married for 40 years.

The book's title is derived from an old household saying that meant there was plenty to eat, so eat up. The volume is illustrated with 24 pages of "family snapshots."

If there are times when you find yourself losing faith in good folks, this is the book you need to get you back on the right path.

If it's not yet at your bookseller, you can obtain a copy by sending your check for \$14, including shipping charges, to Christian Tours, P.O. Box 880, Newton, NC 28658.

—Frank Jeter Jr.

Ferris Beach by Jill McCorkle. Algonquin Books. Chapel Hill. 343 pages. \$18.95.

Ferris Beach, Jill McCorkle's fourth novel, details the early 1970s like a photograph album that's been carefully preserved—from Teaberry gum wrapper chains and granny glasses to bell bottoms and long-necked, twisted Coca-Cola bottles.

Chronicling the adolescent adventures of Katie Burns as she comes of age in a small Southern town, McCorkle fashions a journey through childhood that is, for the most part, vividly familiar.

Katie, with a purple birthmark splashed across one cheek, is the daughter of a plain and prosperous mother and an eccentric, loving father. She yearns to be exotic—to be wild, or, at the very least, something more than commonplace. Her desires become full-blown fantasies when vague memories take her back to a day at Ferris Beach when she, her father and her beautiful cousin Angela shared a picnic.

Thoughts of Angela's brief visits and hushed conversations between Katie's parents stir Katie's imagination into theatrics—in which she's sure she plays a central part.

McCorkle allows her to toast marshmallows and eat "s'mores," share "graveyard" talk with her neighbor and best friend Misty Rhodes, and relax in the moonlight on the sleeping porch while listening to the static-y sounds of a transistor radio. But Katie also experiences much more than the average youth—shock and bewilderment, brutality, grief, heart-break and shattered illusions.

The story flows in a soothing current of period memories and universal feelings, but the tragic events that punctuate Katie's childhood seem harsh and out of place, disrupting the tranquil setting.

—Anita Wheeler



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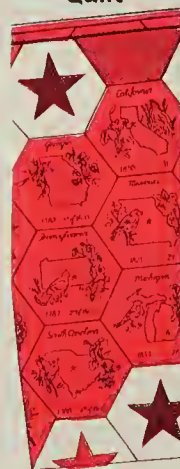


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COUNTRY KITCHEN

Venison Roast

Submitted by Nancy L. Matthews, Long Beach

1 ham, shoulder of venison, or other type of cut (Remove as much fascia from meat as possible)

Garlic, fresh (cut lengthwise and stuff into slits in both sides of meat).

6-8 cloves, or as desired

Sauce:

1 large onion, cut into thick rings

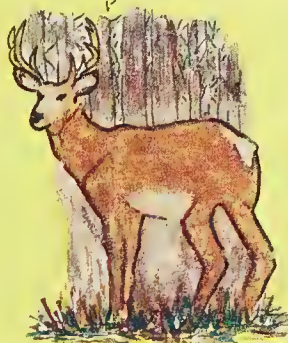
3-4 tsp. Worcestershire sauce

1 bottle Creamy Bull's Eye Bar-B-Q sauce

3/4 to 1 C vinegar

Salt

Lots of black pepper



Bring sauce to a boil and continue to simmer while basting the roast. Wrap prepared roast in one or more pounds of bacon. Roast in oven or on grill 20-30 minutes per pound. Baste frequently with sauce. If cooked in oven, may grill briefly for "outdoor" flavor.

Would You Like To Share Your Recipes?

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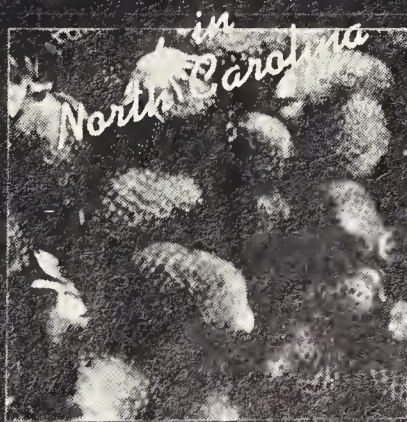


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HANK'S GARDENING GUIDE

As we enter early spring, it's time for these garden chores: (1) complete any winter pruning that needs to be done; (2) finish planting any bare-root trees and shrubs needed in the landscape; (3) apply dormant spray. Also, set out any container-grown plants that you select while they are in flower-bud or bloom. This list is headed by camellias and azaleas.

Should you need to re-locate any azaleas and camellias, do it now. The plants are dormant until they begin to show new tender growth.

weeds and grassy growth, apply four to six pounds per 100 feet of row. Apply when plants are dry, and brush fertilizer off leaves to prevent fertilizer burn.

Mulch around plants to cover the ground completely. In addition to conserving moisture, this will keep berries off the ground. This is the source of the name strawberry; maturing fruit that has developed on a mulch of straw or similar material.

Prepare Soil For Edible Vegetable Root Crops

In selecting an area in which to set out vegetables that are grown for their edible roots (such as carrots, beets, radishes, turnips), choose a spot with deep, loose soil that's free of rocks. Otherwise, the roots will be stunted and mis-shapen.

Use a turning fork to work the soil four to eight inches deep. Add plenty of organic matter, forked into the soil. If your soil is heavy clay, sand will help to improve drainage. Spade and fork sand into the top four to eight inches. If you have rocky soil,

it's more difficult to grow good root crops. The best bet is to

build a raised bed. Fill the bed with good topsoil.

Garden Tips For Late Winter

1. If available, apply old cow manure around roses; replace the winter mulch.
2. To aid in germinating poppy seed, plant them in rich soil and cover with black plastic to keep seed in total darkness for 12 to 15 days.
3. Fertilize tulips and daffodils with 8-8-8 or 10-10-10 as the growth tips begin to emerge. Use two pounds per 100 square feet.
4. Do not cover seed of impatiens when they are planted to grow for transplanting later to the summer garden.
5. This is a good time to remove low-hanging limbs that interfere with mowing the lawn. Also remove dead limbs, and trim stubs of broken limbs.
6. Fertilize fescue lawns with a well-balanced fertilizer like 10-10-10. Apply 20 to 25 pounds per 1,000 square feet unless a soil test indicates otherwise.
7. Select summer flower and vegetable seed now before the rush of the planting season gets underway.
8. Within the next few weeks, seed or reseed fescue lawns. This should be done before the end of March.
9. Wait until new growth appears before doing any drastic pruning on winter freeze damaged plants.
10. Should low temperatures be forecast for late winter or early spring, protect plants from extreme cold by keeping them well-mulched and watered.

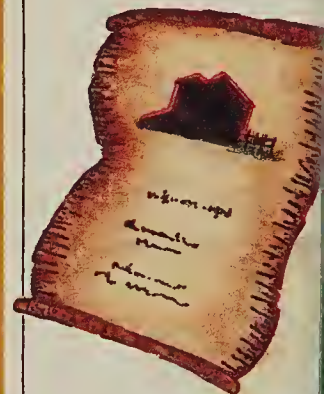
Blueberry Care

Old blueberry plants should be pruned back to four or five main stems. The older canes are not as productive as

younger ones. Cut off the canes at ground-level, using a small saw or loopers. New shoots will sprout through the ground in the spring.

Damping-off Of Seedlings

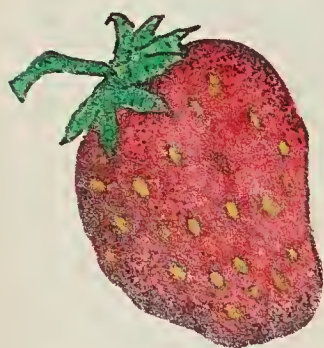
There are times when seedlings die from damping-off, a disease caused by fungi that attack either before or after the seedlings sprout and emerge from the soil. Those affected appear to have broke off at or near the soil line.



The best control of damping-off is to eliminate the disease-causing fungi. Always use clean soil: a package soil mix, or pasteurize your own soil mix.

Soil can be pasteurized in your kitchen oven. Spread soil evenly on a cookie sheet or baking dish. Don't pile soil more than four inches deep. Cover container and soil very tightly with aluminum foil.

Set the oven at 180 to 200 degrees. Heat soil for 45 minutes. When soil is cool it is ready to use.



Strawberry Planting

The cool, short days of late winter are a good time to set out strawberry plants.

If you have an established strawberry bed, now's the time to make a light topdressing of a complete fertilizer such as 8-8-8. After cleaning out any

By Hank Smith

Ideal Background Shrub: Cleyera

Well-adapted to healthy growth during the Carolinas humid, hot summers, Japanese Cleyera is a very handsome plant. It grows in an upright fashion, forming a rounded mass of dark green, glossy foliage. In a cold winter, leaves turn to a wine red color. Sometimes only a few leaves change color, giving a distinct contrast to the rich green of the foliage.

Leaves grow in whorls at the ends of the branches. Small, creamy blooms appear in late spring. Although hidden by the leaves, they contribute a sweet scent to the landscape. Blooms develop into small orange-red berries during the summer.

Cleyera is an answer to the problem of selecting a shrub for a corner planting of a building, or as a background evergreen for a flower border. Although slow in growth, it eventually reaches about ten-feet in height. Pruning should be done with hand clippers to shorten each branch the same amount. This maintains the plant's open, somewhat layered habit of growth.

Cleyera grows well in sun or shade and is practically free of insect and disease attack. The only requirement is that it be grown in a well-drained soil.



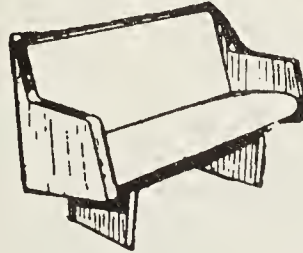
Insect Control

You'll want to expect all deciduous trees and shrubs for insect infestations. A spray of dormant oil emulsion should give good control.

If scales are found on evergreen plants, wait until the temperature is above freezing but below 85 degrees. Then apply a lightweight summer oil emulsion.

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35-39	I	115.65	102.05	86.95
	P/C	159.30	140.45	119.70
	F	287.30	253.30	215.90
40-44	I	119.90	105.65	90.05
	P/C	163.45	144.05	122.80
	F	288.65	255.10	217.45
45-49	I	122.55	108.05	92.10
	P/C	166.05	146.50	124.85
	F	291.15	256.90	218.95
50-54	I	125.30	110.45	94.15
	P/C	168.85	148.85	126.85
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*In Congress***'Notch Baby' Measure Faces Poor Odds For Success**

Will the 1991 session of Congress bring any relief to the "Notch Babies," who insist their Social Security checks are substantially less than they're supposed to be?

The pleas for relief have prompted many members of Congress, including North Carolina Sen. Terry Sanford, to back legislation addressing the issue.

Some 300,000 North Carolinians who receive Social Security would be affected by the proposed legislative change.

The story behind the measure begins in 1972, when Congress amended the Social Security Act (with Public Law 92-603) to reflect cost-of-living increases. A 1977 amendment to bring benefits back to "historical levels" and phase-in a reduction over five years. This particularly affected men and women born between 1917 and 1921—the group that calls itself the "Notch Babies." The law meant that monthly Social Security checks for this group were smaller than those

going to folks who were born in 1916 or earlier.

Supporters of "Notch Baby" legislation say that people born in 1917-1921 receive as much as \$3,000 per year less than those with similar work histories and earnings who were born in 1916 or before.

North Carolinians have been very active in supporting a change for the "Notch Baby" generation. The state has several chapters of a group known as the National Notch Victims Coalition, which encourages contacts with members of Congress of both parties.

Supporters say that eliminating the "Notch" will raise the income of many affected above the poverty level and so curtail supplemental payments many receive.

Among Tar Heel leaders supporting the change and working for the legislation is Ernest Messer of Canton, a former legislator who is the former head of the N. C. Division of Aging and president of the North Carolina Senior Citizens Association.

Social Security officials in Washington say the "Notch Babies" do not have a legitimate complaint and that they are getting exactly the amount they're supposed to be receiving. They say these Social Security recipients are getting a small financial "break" in the proposed legislation, but describe this as part of a plan to make Social Security rules fair and equitable.

What are the odds for action on this issue during 1991 and succeeding years? There is no doubt that the legislation will be introduced again, probably in the early months of the current session of Congress. But with the Persian Gulf conflict, the soaring federal budget deficit, the looming threat of the multi-billion-dollar Savings and Loan "bail-out," the odds do not appear good for the law's passage.

And since it would affect only a small number of people—all at age 70 or older—the measure will doubtless lack the major support that would be needed to prompt action requiring additional federal spending.



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Part II

Jewels In The Clutter: Rediscovered Gems

Last month, I passed along several items of interest that I'd rediscovered in going through one of my rare clean-up-the-office binges. Since I had several left over when my space ran out, here are a few more:

- Richard Tumbleston, the Boone artist whose work has appeared on our cover several times, has issued a limited edition print of Lansing

School in Ashe County. The school, known as the "Old Rock Building," was built by the Works Progress Administration in 1937-38.

The signed-and-numbered prints are being sold to raise funds for construction of a performing arts/civic center in Ashe County. They're priced at \$60 each. Add \$4 for shipping charge. For more information or to order a print, write to Ashe County Performing Arts, P.O. Box 110, West Jefferson, NC 28694.

***A Touch Of Sage*—Essays By Dorothy Larsen**

Laughing For Our Own Well-Being—Experience and common sense tell us that laughter has great physical and psychological benefits. Now scientists are saying so, too. They say that, like exercise, laughter reduces tension. So why not laugh more and feel better?

We may have to retrain ourselves to look on the bright side. One way to do that is to keep a notebook of jokes we read or hear and the laughable happenings we witness. If we stay on the alert, we can usually find at least one funny story a day to write down. Such a notebook becomes a treasure as it gradually fills up.

Norman Cousins, the editor and essayist, used laughter to help himself recover from a serious illness. Since the doctors didn't hold out much hope, Mr. Cousins wrote himself a "humor prescription" and literally "laughed himself well" watching Laurel and Hardy movies and reading funny stories. . . .

It seems that we don't stop laughing because we're old, but we grow old because we stop laughing.

Play—A life without some play is incomplete, and, more than that, it is actually unhealthy. It is tragic if we have no merriment or fun, no enjoyment in our lives.

Having fun has myriad facets. There is the fun of watching humorous movies and plays, and of reading literature that makes us laugh (or at least chuckle). Fun for many is playing games. . . . Others of us play golf, swim or participate in other physical activities. For many of us the ultimate choice, and the most satisfying, is playing with our grandchildren. Children, with their spontaneity and sparkle, help us rekindle our own playfulness and festive spirit. It is also important to seek out positive, happy people for our friends. Simply pausing to enjoy the beauty in the world around us is another form of gentle fun.

Never put off enjoyment, because there's no time like the present. (Please forgive the pun.) Believe in appreciating life. Be sure to have fun every day.

- Since I'm in a "sharing" mode, I can't resist devoting a corner of this space to some insights I ran across in a fascinating little book titled, *A Touch of Sage* by Dorothy Larsen (see box). The book, a collection of short essays, is subtitled, "Reflections on Growth, Change and Growing Older."

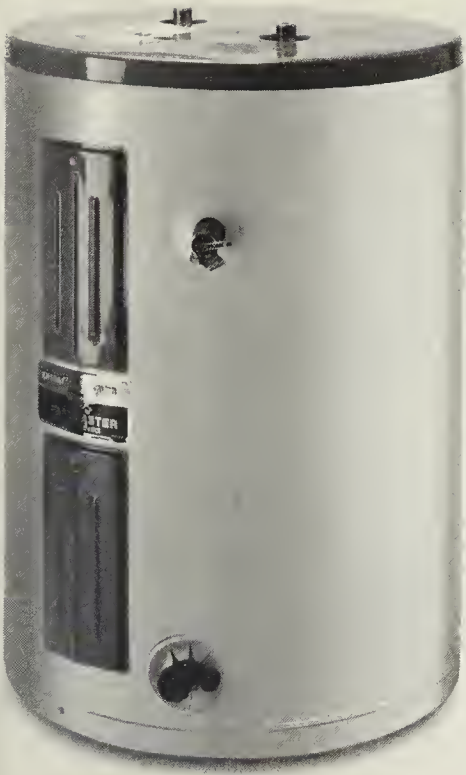
The author is now in her second "retirement" after 30 years as a government accountant and eight years as a rehabilitation counselor for Goodwill Industries.

The 255-page softcover book is available at bookstores or can be ordered directly from the publisher, CompCare Publishers, 2415 Ann Arbor Lane, Minneapolis, MN 55441. The price is \$9.95, plus your state sales tax and \$2 for shipping and handling.

- Flora R. Chapman of Oviedo, FL, who is a member of Haywood Electric Membership Corporation, Waynesville, because she owns property in that area, wrote us a note about an interesting new product she's come up with: a series of cards providing instruction and guidance on sewing. She calls it SewRite.

"This is better than a sewing book," she said. "You pull the card and take it to where you are working. This is like three books in one, for beginners through tailoring, with graphics and instructions for most any problem you may have."

If you're interested, write or call Mrs. Chapman at P.O. Box 1530, Oviedo, FL 32767. Phone: (407) 365-9946.



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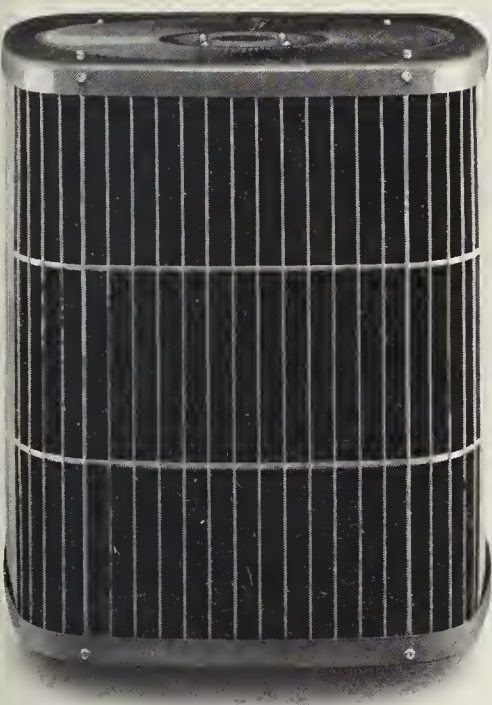
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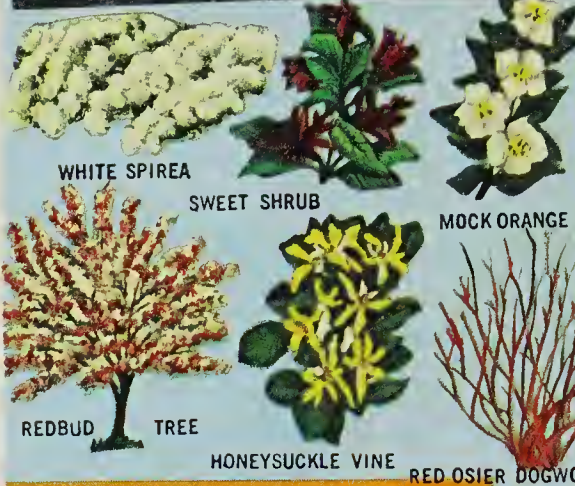
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